



# Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

August 2016

## Ice Cream Social and Heritage Band Concert

Wednesday, August 17 - 7:30 pm  
Troy Community Center Room 304/305



Doors open at 7 pm. This *FREE* event is co-sponsored by the Friends of Troy Seniors and Oakmont Senior Communities. Make your own ice cream sundae with a choice of toppings and enjoy a 90 minute concert by the Heritage Concert Band with a few games and prizes, too! Reservations are required and space is limited to 200. Call 248.526.2608 for reservations.

## Friends of Troy Seniors Picnic

Thursday, Sept. 8, 11:30 am - 2 pm

Join the Friends of Troy Seniors at the picnic area adjacent to the Troy Community Center located on the corner of Livernois Rd. and Town Center Dr for this *FREE* event. Park in the north parking lot. Restrooms are located inside the Community Center. Enjoy a traditional picnic lunch at 12 pm with entertainment to be announced. Reservations are required for this "seniors only" event which is limited to 120. Make your reservation by calling the Friends of Troy Seniors at 248.526.2608 or stop by the office M – F, 10 am – 1 pm. In case of rain, this event will be held inside the Troy Community Center in Room 304/305. PLEASE call to cancel if your plans change and you will not be attending so someone else can take your place.

## Shall We Dance Drop-In Ballroom Dances

2nd Thursday of Every Month! Aug. 11, Sept. 8,...7-9:30 pm

Troy Community Center Room 304/305

Fee: \$6 Res; \$7 NR; HS Students \$3 Pay at door

Brought to you by James Savage, the Friends of Troy Seniors, American House Troy, Senior Meals on Wheels and the Troy Recreation Department. Reservations are not required. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. For more information, contact Elaine Torvinen at 248.524.3484.

## Vendors - Register Now For Craft Show

Friday, Nov. 4, 9 am – 3 pm at the Troy Community Center

Act. #148925M Fee: \$15 per 6 ft. table; NR: \$20

Vendors age 50+ - sign up today! Reservations are required. Specify if electricity is needed. Space is limited to two tables per household. Only NEW HANDMADE items may be sold. This is a craft show, NOT a flea market.)

## Grand Hotel Mackinac Island October 10-13, 2016

Wait list only! See page 3 for details on this ever-popular trip. Please put your name on the wait list as there is a possibility that we can get more rooms. **Pre-departure meeting:** Thursday, September 22 at 2 pm at the Troy Community Center. Materials will be mailed to those who cannot make it to the meeting.



## Get Help Applying for a Supplemental Nutrition Assistance Program (SNAP) Bridge Card Aug. 19

Lynn Davey, the Solutions to Hunger Coordinator at the Yad Ezra food bank in Berkley, is available by appointment at the Troy Community Center Room 404 to help seniors 50 and older enroll in the Supplemental Nutrition Assistance Program (SNAP) for a Bridge Card (formally known as Food Stamps). She offers private, one-on-one appointments to do a pre-screening and if eligible, help you complete the application on line and submit it to the Department of Human Services. All services are *FREE*. To qualify, gross monthly income must not exceed \$1,276 for a one person household (\$1,726 for two people, each additional person: add \$451)

Appointments are available on the third Friday of the month at 9:30 am, 11 am and 12:30 pm. To schedule an appointment, call 248.524.3484 no later than the Wednesday before. Bring proof of identity, social security card, proof of immigration status, proof of income (job and other income such as assets and unemployment benefits) to your appointment.

### Inside . . .

Computer Learning Center .....	9
Enrichment Classes .....	6
Fitness Classes .....	4
Friends of Troy Seniors .....	12
Group News .....	11
Ongoing Activities .....	10
Services .....	14
Sports .....	5
Trips .....	2 & 3

*Sunflower Mosaic Class – see page 6.*

### A Matter of Balance

Wed and Fri, Sept.14-Oct. 7 (4 weeks), 1-3 pm

Troy Community Center Room 502

**Fee: \$15 payable to the Area Agency on Aging**

This program will reduce the fear of falling and demonstrate exercises that improve flexibility, range of motion and strength. The format will include group discussion, problem solving, skill building, and assertiveness training. Receive a \$15 gift card when you complete the program! **For more information or to register, call the Area Agency on Aging 1-B at 800.852.7795 or visit AAA1B.com.**

### Diabetes PATH Workshop

Wednesdays, Oct. 12 - Nov. 16, 1-3:30 pm

Troy Community Center Room 504

**Fee: \$15 payable to the Area Agency on Aging**

People with type 2 diabetes, their family and caregivers are welcome to attend this workshop that is facilitated by two trained leaders, one or both having diabetes or another chronic condition. Learn how to manage symptoms and fight fatigue, build confidence, monitor blood sugar, communicate effectively with healthcare professionals and more! This workshop is brought to you by the Area Agency on Aging. Light refreshments and \$15 gift card are included in the \$15 fee. **For more information or to register, call the Area Agency on Aging 1-B at 800.852.7795 or visit AAA1B.com.**

## One Day Trips

- Register early! TICKETED EVENTS may be cancelled up to 30 days in advance if there are not enough people registered.
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- Indicate upon registration if you need an ADA accommodation.
- A \$10 service fee is withheld on all patron requested refunds plus costs incurred. Full refunds issued for medical emergencies with doctor letter and notification before trip.

### Remember When Diamond Jack River Cruise

Tue, Aug 23, 10 am - 6 pm; Act. 148928D \$77; NR \$82

Includes lunch at Smokies Restaurant & Bar in Wyandotte, a 2-hour narrated boat cruise with many interesting anecdotes about Boblo and much more, and shopping time in downtown Wyandotte. Transportation is by motorcoach for this Bianco tour.

### All Things Detroit

Wed, Sept. 7, 8:15 am - 5:30 pm; Act. 148928H \$64; NR \$69

A step on guide will narrate a fantastic tour of the city including famous landmarks and new developments, a tour of the Guardian Building, and a few photo stops along the way. Lunch at American Coney Island and dessert at the Majestic Cafe (where you will also see the oldest continuously operated bowling alley in the US) are included. (Trip involves a fair amount of walking.) Transportation is by motorcoach for this Bianco tour.

### Stratford Featuring A Chorus Line

Wed, Sept. 14, 7:15 am - 9 pm; Act. 148928C \$154; NR \$159

Includes buffet lunch at the Queen's Inn, shopping time in Stratford, and a performance of *A Chorus Line* at the Festival Theatre. Transportation is by motorcoach for this Bianco tour. Proper ID required to cross border. \$70 cancellation fee after Aug. 14.

### Detroit Tigers Baseball

Thu, Sept. 15, 11:45 - 5 pm; Act. 148928I \$49; NR: \$54

We are offering one game this year. Seats are in Section 142 and include a voucher for a hot dog and soda. All ages welcome! Transportation is by school bus.

### Midtown Madness

Thu, Sept. 29, 8:45 am - 5 pm; Act. 148928F \$67; NR: \$72

Check out Detroit's midtown. A Bianco tour guide will provide the lay of the land for your self guided shopping tour or stay with the guide and learn about new and future developments in midtown. Lunch at Traffic Jam and Snug is included. Choose from Madras Meatloaf, Londontown Fish & Chips, Vegetarian Spinach Lasagna, Chicken Pot Pie or Pot Roast, all served with salad, bread, beverage, and homemade cookie from their bakery. Transportation is by motorcoach for this Bianco tour.

### Ann Arbor Adventure

Wed, Oct. 5, 7:45 am - 6 pm; Act. 148928G \$83; NR \$88

Includes docent-led tour of The Big House, guided tour of Ann Arbor, lunch at the Gandy Dancer (choice of raspberry chicken, broiled whitefish or Shrimp Danielle) and time to shop at Kerrytown. Transportation is by motorcoach for this Bianco tour.

### Detroit Historic Churches

Wed, Oct. 12, 9 am - 5:30 pm; Act. 148928J \$79; NR \$84

Tour Sweetest Heart of Mary, Old St. Mary's, and Ste. Anne de Detroit. Trip also includes lunch at Andiamo Riverfront and a stop at La Gloria Bakery in Mexican Town. Transportation is by motorcoach for this Bianco tour.

### Sandhill Cranes Color Tour

Wed, Oct. 19, 7:45 am - 6:30 pm; Act. 148928E \$84; NR \$89

A step on guide will provide narration and identify viewing areas for flocks of sandhill cranes near Chelsea, MI. Lunch (chicken pot pie, salad, Zingerman's rolls, chocolate truffle, coffee/tea) and wine tasting (taste six and receive a souvenir glass) at Sandhill Crane Vineyards is included as well as a tour of St. Demetrius Orthodox Church with coffee and baklava. Transportation is by motorcoach for this Bianco tour.

- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center or attached to the weekly e-news letter.**

### Great Canadian West - Aug. 14-20, 2016

**\$2999 per person double, \$3679 single, \$2799 triple**

Includes roundtrip air, 6 nights lodging, 10 meals, and sightseeing in Victoria, BC, Vancouver and much more. Call Shoreline Tours for reservations. **800.265.0818.**

### San Francisco and Yosemite - Aug. 15-20, 2016

**\$2817 per person double, \$3288 single, \$2661 triple**

Includes roundtrip air, 5 nights lodging, 7 meals, and touring in San Francisco, Alcatraz, Yosemite National Park and more. Call Bianco Tours for reservations. **734.946.7021.**

### Pacific Northwest & California - Sept. 12-19, 2016

**\$3049 per person double, \$3849 single, \$3019 triple**

Includes roundtrip air, 7 nights lodging, 10 meals, and sightseeing in Seattle, Mount St. Helens, Portland, Redwood National Park, San Francisco and more! Call Group Tours International for reservations. **248.625.3645.**

### Shades of Ireland - Oct. 12-21, 2016

**\$3349 per person double, \$3749 single, \$2969 triple**

Includes roundtrip air, lodging, 13 meals, and sightseeing in Dublin, Waterford, Killarney, Limerick, Kingscourt and more! Call Group Tours International for reservations. **248.625.3645.**

### New York City - Oct. 9-14, 2016

**\$1599 per person double, \$2499 single, \$1369 triple**

Includes roundtrip motorcoach, 5 nights and 6 meals. Three nights accommodations at the 4-star Novotel luxury hotel near Times Square, 9/11 Memorial, Apollo Theater, Statue of Liberty Pedestal Pass, Ellis Island, Saturday Night Live Museum and more. Call Shoreline Tours for reservations. **800.265.0818.**

### Traverse City Wine & Dine - Oct. 11-13, 2016

**\$535 per person double, \$610 single, \$510 triple**

Includes roundtrip motorcoach, 2 nights, 2 dinners, tour of Grand Traverse Commons (the former state hospital) and wine tasting. Call Bianco Tours for reservations. **734.946.7021.**

### Ark Encounter - Oct. 22-23, 2016

**\$339 per person double, \$419 single, \$309 triple**

Be among the first to experience the full-sized replica of Noah's Ark, located in northern Kentucky where dozens of exhibits will bring to life the biblical account of Noah's Ark. Includes roundtrip motorcoach, 1 night, 2 meals, and admission to the Creation Museum and The Ark Encounter. Call Shoreline Tours for reservations. **800.265.0818.**

### Nashville - Oct. 30-Nov. 2, 2016

**\$999 per person double, \$1379 single, \$889 triple**

Includes roundtrip motorcoach, 3 nights and 5 meals, tour of Nashville, Grand Ole Opry and more. Call Shoreline Tours for reservations. **800.265.0818.**

### Niagara Falls Festival of Lights - Dec. 5-6, 2016

**\$229 per person double, \$299 single, \$199 triple**

Includes roundtrip motorcoach, 1 night and 2 meals. Call Shoreline Tours for reservations. **800.265.0818.**

### Alaska Cruise - May 9-21, 2017

**\$4349 per person double, \$6499 single, inside cabin rate**

Includes roundtrip airfare from Detroit, one night in Fairbanks, one night at Denali National Park, one night in Anchorage, and 7-Night cruise. Call Group Tours International for reservations. **248.625.3645.**

### Tropical Costa Rica - Oct. 28-Nov. 5, 2017

**\$2749 per person double, \$3099 single, \$2619 triple**

Highlights include San Jose, coffee plantation, hanging bridges tour and more. **Promotional meeting scheduled for Tuesday, Sept. 20 at 3 pm at the Troy Community Center.** Call Group Tours International for reservations. **248.625.3645.**

## Grand Hotel Mackinac Island October 10-13, 2016

**Act. 148918L - \$829 pp double, \$1109 single, \$749 triple**

Includes:

Round trip motor coach and baggage handling  
Round trip ferry ride and round trip taxi to hotel  
Elegant accommodations at Grand Hotel - rooms assigned by luck of the draw. All rooms non-smoking.  
Five course dinner nightly, full breakfast daily.  
Grand Buffet lunch and champagne reception.  
Horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly and MORE!.

### Drive Up On Your Own Option

A limited number of spaces are available for those who want to drive up on their own and meet the group at the boat dock. The fee is as follows:

**Act. 148918M**

**\$729 pp double, \$1009 single, \$649 triple**

NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+. A \$200 deposit is due upon registration. Balance due Aug. 26. No refund after Aug. 26 unless a replacement is found.  
Trip insurance recommended.  
Insurance forms are available at the Troy Community Center.  
Online registration is not available.





- All classes meet at the Troy Community Center.
  - Drop-in passes are \$6 (\$7 NR) unless noted.
  - 10 visit Punch cards available for: Balance and Stretch, Beginning Pilates, Gentle Aquatic Exercise, Muscle Strengthening, Tai Chi, Yoga/Pilates w Rachel and Yoga w/ Marie, \$60/\$70 NR
  - \* = Fitness Passport class. Details at the Community Center.
- Drop in passes available for purchase for current classes.

### \*Balance and Stretch w/Ilene Hill (Fri Rachel)

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 15 **Fee:** \$69 \$79 NR

Act #	Day	Time	Dates
7100A	Mon	9-9:50 am	Sep 12-Dec 12
7100B	Wed	9-9:50 am	Sep 7-Dec 14
7100C	Fri	9-9:50 am	Sep 9-Dec 16

### \* Beginning Pilates with Ilene Hill

Improve balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body, mind and spirit functioning as a coordinated whole. **Weeks:** 15 **Fee:** \$69 \$79 NR

Act #	Day	Time	Dates
7110A	Mon	10-10:50 am	Sep 12-Dec 12
7110B	Wed	10-10:50 am	Sep 7-Dec 14

### Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out and reenergize, while building strength and endurance. No need to visit the floor! **Drop in fee:** \$7.50 per class (\$8.50 NR) **Weeks:** 7 **Fee:** \$46 \$56 NR

Act. #	Day	Time	Date
7120A	Tue	11-11:45 am	Sep 13-Oct 25
7120B	Thur	6:30-7:15pm	Sep 8-Oct 20

### Gentle Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. HAP sponsors the summer session of this class. Simply come to the front counter and get a number to attend class. 50 numbers available each day for each class. **Weeks:** 13 **Fee:** \$125 \$135 NR (No class 11/22 & 24)

Act #	Day	Time	Dates
7130A	T & Th	9-9:50 am	Sep 13-Dec 15
7130B	T & Th	10-10:50 am	Sep 13-Dec 15

### \* Muscle Strengthening with Rachel

This total body workout strengthens and tones muscles using a variety of resistance equipment, including hand weights, tubing and medicine/therapy balls. Functional exercises improve muscle endurance, balance and core strength. Modification and progression cues to most exercises also provided. **Weeks:** 13 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
7140A	Tue	10-10:50 am	Sep 6-Dec 13
7140B	Thu	10-10:50 am	Sep 8-Dec 15

### Tai Chi with Keith, Marci and Kim

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes.

**Weeks:** 14 **Fee:** \$65 \$75 NR

Act #	Day	Level	Time	Dates
7151A	Mon	Beg	2-3 pm	Sep 12-Dec 12
7152A	Mon	Adv. Beg	3-4 pm	Sep 12-Dec 12
7153A	Mon	Int	3-4 pm	Sep 12-Dec 12

### Women on Weights by Fitness RX

Increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, improve balance and help prevent falls. Bring a mat and light (5 lbs.) hand weights.

**Weeks:** 10 **Fee:** \$61 \$71 NR **Drop in fee:** \$10 class (\$11 NR).

Act #	Day	Time	Dates
7160A	Tue	6 - 7 pm	Sep 13-Nov 15
7160B	Thu	6 - 7 pm	Sep 15-Nov 17

### Yoga/Pilates with Rachel

Combining moves from both disciplines, improve extension, balance, alignment and range of motion for most muscles and joints. Mats, chairs, barres and various other equipment will be used to achieve an energizing and rejuvenating experience. Various modifications and progressions will be used throughout the session making it an individual process in a group setting.

**Weeks:** 13 **Fee:** \$61 \$71 NR

Act #	Day	Time	Dates
7170A	Tue	11-11:50 am	Sep 13-Dec 13
7170B	Thu	11-11:50 am	Sep 15-Dec 15

### Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on.

**Weeks:** 13 **Fee:** \$61 \$71 NR (No Class 10/5 & 10/10)

Act. #	Day	Time	Date
7180A	Mon	11-12:05 pm	Sep 12-Dec 12
7180B	Wed	11-12:05 pm	Sep 14-Dec 14

### Drop-In Exercise Classes

#### Chair Exercise:

**Mon, Wed, & Fri, 11-11:50 am**

Excellent class for those new to, or just returning to exercising. Incorporates work while seated and some exercises standing holding on to the chair. Uses balls, tubing and hand weights. Purchase a \$16/10 visit punch card at front desk (NR \$21). **A grant from the Friends of Troy Seniors allows us to offer this class at a lower price.**

#### Stretch and Tone with Carol Petty

**Mon & Thu, 11-11:50 am.**

This class includes standing and floor work and lots of socializing. Bring a mat. **Purchase a \$31, 10 visit punch card at front desk (NR \$41).**

**Indoor Drop-In Pickleball**

Mon Daytime	11:30 am - 2 pm	Senior Special
Wed. Evening	6 pm - 8:30 pm	All Ages
Fri. Daytime	10:30 am - 2 pm	Senior Special

Four courts are available for play. All sessions free to Fitness Center pass holders. For all others drop-in pass rates apply. Res. \$7/visit or \$50 for a 10-visit punch card, NR Employee \$8 visit or \$70 for a 10-visit punch card, NR \$10 a visit or \$80 for a 10 visit punch card. Equipment provided. \$4 Senior (50+) Special rate extended to 3 pm for Fitness Center access.

**Adult Pickleball Doubles Ladders Play**

Registration begins online for residents on Aug. 23 and non-residents on Aug. 26. Tuesday ladder for ages 50+ only.

<b>Sundays, 6:15-8:15 pm</b>	<b>10 weeks</b>	<b>32 players</b>
Act#7220FA16 Oct 9 - Dec 11	Res. \$58	Non-Res \$68

<b>Tuesdays (50+ only), 1-2:30 pm</b>	<b>10 weeks</b>	<b>32 players</b>
Act#7230FA16 Oct 11 - Dec 13	Res. \$35	Non-Res \$45

<b>Fridays, 6-8 pm</b>	<b>10 weeks</b>	<b>16 players</b>
Act#7240FA16* Oct 7-Dec 16	Res. \$47	Non-Res. \$57

\*No play Nov. 25

Play three games with three different partners. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs needed. If you have questions contact Elaine T. at 248.524.3484. E.Torvinen@troymt.gov.

**Bocce and Cornhole Leagues**

<b>Bocce Tue</b>	<b>Sept 6-Oct 11 (6 weeks)</b>	<b>12-1:30 pm</b>
Act. 7200A	Fee: \$8 per person	NR \$13

<b>Cornhole Wed</b>	<b>Sept 7-Oct 12 (6 weeks)</b>	<b>12-1:30 pm</b>
Act 7210A	Fee: \$8 per person	NR \$13

**North Side of Troy Community Center**

These are great social games that players of all abilities can enjoy. The league schedule will be determined once the number of players registered is determined. Rules of play will be distributed the first week. Scores will be recorded and league winners receive a prize.

**Zumba Gold Toning**

**Tuesdays 10-10:50 am; \$6, NR \$7 at door**

Combine the international rhythms of Zumba Gold® with the strength-training techniques of Zumba® Toning, for an easy-to-follow, health-boosting dance-fitness program for the active older adults and beginners. Use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, strengthen and tone, and improve mobility, posture, coordination and cognition. Toning sticks are available for purchase for \$15 from the instructor, or bring personal hand weights, less than 3 lbs.

**Zumba Gold Dance Exercise**

**Wed 7-8 pm, Fri 10-10:50 am; \$6, NR \$7 at door**

Get energized with this low-impact aerobic workout that takes salsa, cha-cha, samba, tango, flamenco, calypso, hip-hop and belly dancing and puts it all into a workout routine. Bring two bottles of water and a face towel. First class is free!!!

**Senior Mixed Fitness Drop In Class with Josh**

**Tuesdays 11-11:55 am Drop-in fee: \$6 \$7 NR**

A senior class designed to warm-up, strengthen muscles, improve balance, and flexibility. From walking and other mobility drills to chair exercises, strength training, and floor exercises we incorporate several pieces of equipment to keep things interesting. No pressure, work at a level that challenges you. Class held in Studio A. **THIS IS AN ONGOING DROP-IN CLASS.**

**Michigan Senior Olympics**

**2016 Summer Games for men and women 50+**

**Aug. 12-22 (see exception below) at various Oakland County locations. Registration deadline: JULY 22!**

The events include: archery, basketball, badminton, bowling, bocce ball, cycling, dancesport (July 24), disc golf, golf, horseshoes, pickleball, powerlifting, road races, racquetball, shuffleboard, swimming, table tennis, triathlon, tennis, softball, track & field and racewalk and volleyball. MSO membership (\$25) is required. Call 248.608.0250 for more information or visit [www.michiganseiorolympics.org](http://www.michiganseiorolympics.org).

**Sports Leagues**

**Bocce** - Leagues in summer and fall.

**Bowling** - Mondays and Thursdays, 12-2:30 pm. at Troy Lanes 1950 E. Square Lake Rd., Sept. - April, \$5.25 per week. Complimentary coffee while bowling. Call 248.879.8700.

**Cornhole** - Leagues in summer and fall.

**Golf** - Mon and Wed mornings at Sylvan Glen May - Sept. Registration begins in November.

**Pickleball** - Ladder play fall and winter on Friday and Sunday evenings and Tuesday afternoons.

**Softball** - Women 50+ Tuesday evenings, Men 50+ Thursday evenings, May - August. Details available in January.

**Tennis** - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulton Park May-Sept. For information, call Judy Luther at 248. 879.9550.

**Drop-In Sports**

**Badminton** - Times vary - see Community Center calendar for details. Senior special rate of \$4 Mon. and Fri.

**Bocce** - Outdoor, seasonal. Equipment provided during Community Center hours.

**Pickleball** - Offered at various times throughout the week - see Community Center calendar for details. Senior special \$4 Mon. 11:30 am - 2 pm and Fri. from 10:30 am - 2 pm.

**Shuffleboard** - Outdoor, seasonal. Equipment provided during Community Center hours.

**Volleyball** - Mondays and Thursdays, 9:30-11 am, Sept. -mid June. Free for fitness center pass holders. All others drop-in fee applies.

## All classes meet at the Troy Community Center

**Anyone Can Paint**

Join award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in one class. He demonstrates and paints right along with the class. An 11 x 14 painting will be completed by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$24; NR \$29

Act #	Date	Time	Subject
145932B	Thu, Aug 11	6-8 pm	Sunlight Through the Trees
145932C	Thu, Sep 8	6-8 pm	Venice, Italy

**Watercolor Painting Lessons**

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. An extensive supply list available on your receipt or from the front desk. **Weeks:** 9

Act #	Day	Time	Dates	Fee	NR
7070A	Wed	9:30am-12pm	Sep 14-Nov 16	\$125	\$135

**Studio Art Class (students with prior experience in your medium)**

This class provides the opportunity for students with prior painting experience to develop projects of your own choosing regarding subject, style, and medium. It will provide time to follow your own subject ideas, work on a more advanced level, to develop work you've begun previously, or pieces you want to begin in class. Bring your own project, and artist/instructor Karen Halpern will assist you in developing your ideas in the 2-dimensional medium in which you choose to work, e.g. Watercolor, oils, acrylics, collage, pen and ink. Karen will guide critical thinking, expose each student to work by famous artists working with similar style and thinking, as applicable, and offer direction for advancement. Bring the supplies you are accustomed to. No class Oct. 12.

Act #	Day	Time	Dates	Fee	NR
7040A	Wed	1-3:30pm	Sep 14-Nov 16	\$125	\$135

**Clay Projects for Seniors (Age 50+)**

Participants 50 and older will work with clay and glazes to design beautiful pottery. Under direction of our art instructor you have the opportunity to explore the world of clay. **Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State. **Material fee:** \$5 per session (paid directly to instructor 1st week) **Day:** Tuesdays **Weeks:** 2 **Fee:** \$20 **NR:** \$25

Act#	Dates	Time
------	-------	------

Information not available at press time. See the fall Recreation Guide or Sept. Fifty Forward. Check out the Parent and Tot classes and consider attending with a grandchild. See the fall Recreation Guide.

Computer Classes - See page 9

**Sunflower Mosaic Class**

Tues, Aug. 30, 6:30-9 pm, Troy Community Center Rm 401

Act. 8050A; \$36 Res, \$41 NR

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create beautiful mosaic masterpieces. Follow in their footsteps and fashion your own "Sunflower" mosaic. Class is for men and women - no experience necessary.

Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Community Center front desk. Pre-registration is required.

**Market Basket Weaving Class**

Thursday, Sept. 22

Act 8040A - 2-5 pm

Act 8040B - 6-9 pm

Troy Community Center Rm 402

\$28 Res, \$33 NR

Make a market basket for all your shopping needs. It starts on a D handle with an open weave base.

With some easy stop and start rows up the sides and choice of color the sides go up quickly. Put a sturdy rim on the basket and you are ready to hit the farmers market. All supplies are included in the fee. Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.

**Acrylic & Oil Painting**

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. An extensive supply list available on your receipt or from the front desk. **Weeks:** 8

Act #	Day	Time	Dates	Fee	NR
7010A	Tue	12-3 pm	Sep 13-Nov 1	\$69	\$79

**Tap Lessons**

Beginners: No experience necessary! Learn basic steps and work on a nifty routine. Bring your old tap shoes, or come to the first class for suggestions on places to find new or used shoes. **Instructor:** Terry Slater **Weeks:** 12 **Dates:** Sept 27-Dec 13

Act #	Level	Day	Time	Fee	NR
7060A	Beg.	Tue	1:30-2:30 pm	\$57	\$67
7061A	Int.	Tue	2:30-3:30 pm	\$57	\$67

**Keyboarding**

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ - if you have a portable keyboard feel free to bring it. A book may be purchased at the first class for \$15. **Instructor:** Lucia **Weeks:** 8

Act#	Level	Day	Time	Dates	Fee	NR
7030A	Beg	Mon	9-9:50 am	Sep 26-Nov 14	\$39	\$49
7031B	Adv	Mon	10-10:50 am	Sep 26-Nov 14	\$39	\$49



**Beg. Swing and Ballroom & Adv. Swing****Friday Evenings: Weeks: 6****Fee: \$59 NR \$69; Any Two Classes: \$98 NR \$118**

**Swing:** No dance experience required. No partner required. Instruction will focus on the fundamentals of East Coast Swing including: Basic Step, Open Position, Closed Position, Send Out, Inside Turns, Outside Turns, Basic Cuddle, Sugar Push and more.

**Advanced Swing:** Instruction will focus on expanding upon the fundamentals of Swing including: variations on footwork, advanced principles of connection, leading and following techniques, musicality, and incorporating "breaks" into the dance.

**Ballroom:** No dance experience required. No partner required. Instruction will focus on acquiring the skills necessary to enjoy social ballroom dancing. Each session will introduce students to traditional styles of ballroom dance including Waltz, Foxtrot, Rumba and Cha Cha. Emphasis will be placed on proper posture, dance positions, leading and following techniques and footwork. All are welcomed.

**Instructor:** Jim Berg

Act #	Style	Time	Dates
7050A	Swing	7-7:50 pm	Sep 9 - Oct 14
7051A	Ballroom	8-8:50 pm	Sep 9 - Oct 14
7052A	Adv. Swing	9-9:50 pm	Sep 9 - Oct 14

**Drop In Ballroom Dance****Mondays & Wednesdays, 1-2 pm; Fee: \$6; NR \$7 at door**

Have you always wanted to ballroom dance? Join this class and learn a different Smooth, Rhythm, or Swing dance each month. Learn tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes.

Month	Mondays	Wednesdays
Aug	Hustle	Foxtrot
Sept	Bachata	Waltz/Am Tango

**No class Aug 22, 24, 29, & 31.****Square Dance Lessons****Mondays, 7-9:30 pm****Fee: \$5; NR \$6 at door - FIRST CLASS FREE!**

Mainstream	7-8 pm
Plus Level	8-9 pm
Workshop with Walt	9-9:30 pm

Singles and couples welcome. No partner required. Experienced dancers will assist. For more information, call Carrie at 248.632.4288. Caller Walt Zatorski.

**Friday Night Square Dances****Every third Friday, Nov. - May, 7:30-9:30 pm****Fee: \$5 per person**

Dances are held in the studios upstairs at the Troy Community Center. Partners not required. Contact Veronica at 248.566.3026 with any questions. Caller Walt Zatorski.

**Knitting Classes**

Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. Beg.: A \$15 materials fee is payable to the instructor at the first class for knitting needles and yarn. Adults of all ages may attend.

**Beginning Knitting:** Learn how to cast on and how to do the two basic stitches - knitting and purling - that everything else is based on. Also learn how to increase, decrease, and bind off, the importance of gauge, and how to read a basic pattern.

**Intermediate Knitting:** You know how to knit and purl and have made simple items. Now you want to move your skills up a notch. Make a vest or sweater that fits in this class. Bring a pattern, yarn and needles for a project you choose to the first class.

**Weeks: 4 Fee: \$45; NR \$55**

Act.	Class	Day	Time	Dates
8010A	Beg. Knit	Tue	1-3 pm	9/13-10/11 - no class 10/4
8011A	Int. Knit	Wed	1-3 pm	9/14-10/5

**Troy English Workshop****Tue, Sept. 13-Nov. 8 (9 weeks); 1-3 pm Act. 8030A****Sat, Sept. 17-Nov. 12 (9 weeks); 10 am - Noon Act. 8030B****Troy Community Center Room 502****Fee: FREE Class is for adults of all ages**

Are you shy and afraid to talk to an American because your English is not very good? Improve your English, talk like an American, think like an American, and be part of the American dream. We do not teach ESL, English grammar, or boring rules. We focus on conversational American English. We speak only English in our workshops, which are open to all ethnic groups. Our volunteers are all American born and speak American English. Taking the workshop, you will be able to speak with Americans without being shy or afraid of your poor English. We want to help you become an all-American. For more information, call Mr. Lee at 248.926.2288. You must bring a photo ID to the first class.

**American Mah-jong Lessons****Wednesdays, Sept. 14 - Oct. 12 (5 weeks), 1-4 pm****Troy Community Center Room 402A****Act. 8020A; Fee: \$29, NR \$39**

Instructor Judy Shell teaches this class for beginners and those who want a review. Learn the rules of the game, how to "make a hand" and how to play. Mah-Jong games to use during class will be provided. Class size is limited to 16. Class meets in room 402A - enter through the dining room (Room 402). **Materials fee of \$9 is payable to the instructor at the first class if you need a current Mah-Jong card.**

**NEW! Zentangle Classes - see page 13**

# August

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Baked Chicken <sup>1</sup>	11:45 Mac and Cheese <sup>2</sup>	11:45 Tuna Salad 6:00 <b>Dinner Club - pg 11</b> <sup>3</sup>	10-11 <b>Ask A Nurse</b> <sup>4</sup> 11:00 <b>Long Term Care Speaker - pg 13</b> 11:45 Sloppy Joes 12:30 <b>Birthday Party</b> 6:30 <b>Daughterhood Circle - pg 11</b>	11:45 Spaghetti <sup>5</sup> 1:00 Bingo
11:45 NO LUNCH <sup>8</sup>	11:45 Hamburger Gravy <sup>9</sup> 1:00 Red Hat	11:45 Pasta Salad <sup>10</sup>	10-11:30 <b>Caregiver Support</b> <sup>11</sup> 11:45 Ginger Baked Chicken 7:00 <b>Ballroom Dance</b>	10-12 <b>Hearing Screening</b> <sup>12</sup> 11:45 Mostacolli 1:00 Bingo
11:45 Chicken Salad <sup>15</sup>	11:45 Macaroni Casserole <sup>16</sup>	10-12 <b>Disk Erasure</b> <sup>17</sup> 11:00 <b>Super Food Speaker - pg 20</b> 11:45 Meatloaf 7:30 <b>Ice Cream Social and Band Concert - pg 1</b>	11:45 Chicken Stir Fry <sup>18</sup>	10-12 <b>Blood Pressure</b> <sup>19</sup> 11:45 Chilimac 1:00 Bingo
11:45 NO LUNCH <sup>22</sup>	10:00 <b>Diamond Jack - pg 2</b> <sup>23</sup> 11:45 Beef Hot Dog	9:30-12 <b>Computer Consultations</b> <sup>24</sup> 10:00 <b>Lifechoices Presentation - pg 13</b> 11:45 Oven Fried Chicken	11:45 Spaghetti <sup>25</sup> 12:30-2 <b>Focus Hope</b>	11:45 Cheeseburger <sup>26</sup> 1:00 Bingo
11:45 Spanish Rice <sup>29</sup>	11:45 Chef's Salad <sup>30</sup> 6:30 <b>Sunflower Mosaic Class - pg 6</b>	11:45 Chef's Selection <sup>31</sup>		

**Lunch** is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday. Reservations are not required. Suggested donation: \$3.50. Under age 60 must pay \$6. Coffee is available in the dining room Monday-Friday from 8 am - 12:30 pm \$.50/cup.

**Senior Mondays and Fridays at the Community Center Fitness Area** - Ages 50+ can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of \$4. **Drop-in Pickleball is included and is offered on Mondays from 11:30 am - 2 pm and on Fridays from 10:30 am - 2 pm.**



At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment in small, hands-on classes. Course materials included in the fee. For detailed course outlines, visit [www.troyclic.org](http://www.troyclic.org). **All computers use Windows 10.**

### Computers for Beginners 1

Just starting out with computers? Want to learn about that mouse, keyboard or computer screen? This class is for beginners with little or no experience. Become familiar with your computer while building self-confidence with easy-to-learn lessons.

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

Act #	Day	Time	Dates
145951B	M & W	1-3 pm	8/8-8/17
7800A	T & TH	9:30-11:30 am	9/20-9/29

### Computers for Beginners 2

This course continues where Beginners 1 left off. Go beyond the basics with hands-on exercises to operate programs, work with files and folders, and explore the Internet. Become comfortable changing your computer settings, visiting websites, sending emails, download a program from the Internet and install it on the computer and much more.

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

Act #	Day	Time	Date
145973A	T & TH	9:30-11:30 am	7/26-8/4
145973B	M & W	1-3 pm	8/22-8/31
7810A	T & TH	9:30-11:30 am	10/4-10/13

### Windows 10

Prerequisite: Computers for Beginners or some computer experience. Learn to use the Windows 10 operating system to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more!

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

Act. #	Day	Time	Dates
145972C	Sat	10 am-12 pm	8/6-8/27
145972D	M & W	6:30-8:30 pm	8/8-8/17
7890A	T & TH	1-3 pm	10/4-10/1

### Introduction to Excel

Do you keep an address book, budget, golf/bowling league averages or another list or data log? Then you need to try Microsoft Excel, the world's most popular spreadsheet program. And you don't have to be good with numbers. Excel does all the number crunching for you. Learn its many possible uses: savings, investments, medical data, weight loss, gas mileage, expenses etc. This class meets for 2 hours, 6 times over 3 weeks.

**Fee: \$50 NR \$60 Wks: 3 Hrs: 12**

Act #	Day	Time	Dates
7820A	T & Th	6:30-8:30 pm	10/11-10/27

### Scanning

If you own or are about to buy a scanner, take this class! You'll learn several important scanning techniques for pictures, photos and documents. Have fun and gain valuable hands-on experience with your own photos, slides and negatives using the classroom scanners.

**Fee: \$21 NR \$26 Wks: 1 Hrs: 4**

Act #	Day	Time	Dates
145962A	M & W	1-3 pm	8/1-8/3

### Basic PhotoShop Elements

If you own a digital camera or a scanner, you'll appreciate this class! Use Photoshop's tools to download, organize and edit your digital images. Learn how to fix color, brightness and contrast. Develop skills to print beautiful pictures, restore old photos and create special projects like photo books and calendars. **Wks: 2 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
7850A	M/W/F	1-3 pm	10/17-10/28

### Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, you can learn to add creative interest and impact to your photos. Create special effects, brighten colors, enhance portraits and even move objects from one photo to another. Design panoramas, slide shows, photo galleries and much more! **Wks: 2 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
7860A	M/W/F	1-3 pm	10/31-11/11

### Look for info on Free Fall Computer Open House in September Fifty Forward.

**Private Consultations** - Meet with a Learning Center instructor on the fourth Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The non-refundable fee of \$5 is payable when you make your appointment. VISA or Mastercard accepted by phone for this program. Please cancel if you cannot keep your appointment.

**Hard Drive Erasure** - This free service is offered on the third Wed. from 10 am - noon in the computer lab. Prevent identity theft if you are throwing out or giving away your computer. Drop off just the computer or remove the hard drive and bring it in.

**Drop-In Lab** - The computer lab is open for FREE drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. **Subject to Lab Monitor availability.**

**Free SHARP In-Home Computer Help** - For Troy seniors age 60+ who use any Microsoft Windows Operating System. Support is not available for Apple products. The volunteer labor is free but you must pay for supplies. Tipping is not allowed. For assistance, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions on follow up. This program is made possible by the City of Troy and the North Woodward Community Foundation. Donations to the North Woodward Community Foundation accepted.

These activities are held at the Troy Community Center unless noted.

### **Special Interest/ Support Groups**

#### **Ask the Attorney**

Dana Wilson offers free 15 min. consultations on the 3rd Wednesday from 10:30 am - noon. Appointments required. Call 248.524.3484.

#### **Caregiver's Support Group**

2nd Thursday, 10-11:30 am. Free.

#### **Friends of Troy Seniors**

This non-profit group supports Troy Senior programs and services. See page 12.

#### **Medicare Counseling**

Jim Zoellner and Ken Ochs, certified Medicare/Medicaid counselors, offer enrollment assistance on the 2nd and 4th Friday from 10 am-1 pm in room 404. Also get help with claims, denials of service, and more. Call 248.524.3484 to make an appointment by the Wed. before appointment date. For help with Part D enrollment, bring your prescriptions.

#### **Pacific Rim Outreach**

Wednesdays, 12:30-3:30 pm. Information and social activities. Call Phil Oh at 248.641.8445.

#### **Red Hat**

2nd Tuesday, 1 pm. 248.524.1108.

#### **T.O.P.S.**

Thursdays, 8:30 - 10:30 am. Non-profit weight loss support group. 586.202.7090.

### **Health Services**

#### **Ask A Nurse**

1st Thursday, 11am -12 pm. Room 404. Drop-in. Free. Sponsored by Crittenton Home Care.

#### **Blood Pressure Screenings**

3rd Friday, 10 am - Noon. Room 402. Drop-in. Free. Sponsored by FOTS

#### **Emotional Counseling**

Call Oakland Family Services to schedule an appointment at their office in Berkley, Pontiac, Rochester Hills or Walled Lake. 248.858.7766, Ext. 200.

#### **Hearing Screenings**

2nd Friday, 10 am-12 pm. Room 402A. Drop-in. Free. Sponsored by FOTS.

### **Cards & Games**

**Bingo** - Fridays, 1-2:30pm. .25/card with \$1 admission card. Cash prizes.

**Bridge** - Duplicate - Tuesdays 12:30-3:30 pm (248.546.4335), Party - Thursdays 12:30-3 pm (248.588.7409), ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$7 (586.775.7363).

**Cribbage** - Fridays, 1-3 pm. Beginners welcome. 248.689.1740.

**Euchre** - Tuesdays, 12:30-3 pm. 248.840.9748.

**Mah-Jong** - Wed. 1-3:30 pm and Fri. 1:30-4 pm. 248.641.8412.

**Pinochle** - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. Pinochle (less experience needed) Thursday, 12:30-3 pm. 248.376.5556.

### **Creative Arts**

**Ballroom Dance Drop-in Lessons** Mon. & Wed., 1-2 pm. \$6 (\$7 NR).

#### **Coloring Group**

Wed, 9-10:30 am Self directed Free!!!

#### **Swing and Ballroom Lessons**

Friday evenings. See page 7 for details.

**Band** - Practices 1st and 3rd Wednesday from 7:30-9:30 pm. 248.689.3536.

**Knitting Lessons** - See page 6

**Line Dance Group** - Wed, 8-9:30 pm. All levels welcome. 248.641.9346.

**Harmonica Club (Mouth Organ Grinders)** - Mondays, 9:30-11 am. Sept. - May. Beginners welcome. 248.689.2499.

**Needlework Club** - Tuesdays, 10 am- 12 pm. Share ideas and advice on knitting, crocheting and other needlework. No lessons. 248.588.5442.

**Painting Club** - Thursdays, 9 -11:30 am. 248.646.3978.

**Painting Lessons** - see page 6

**Quilting Group** - Wednesdays, 9 am -4 pm. All levels welcome. Bring works in progress. No lessons.

**Sewing Group** - Mondays, 12-5 pm. 248.877.9252.

**Woodcarving Club** - Mondays, 8:30-11 am. Beginners and visitors welcome. 248.528.3292.

### **Massage Therapy**

Chair or table massage is offered on Mondays and Fridays from 9 am to 2 pm with massage therapist Gordon Maslowski. The fee is \$15 for a 20 minute chair massage or \$35 for a 45 minute table massage. Call 248.840.3460 to make an appointment. Walk-ins welcome if time allows.

### **Other Activities**

**Birthday Party** - 1st Thursday 12:30-1 pm in room 402. No reservation required. Cakes donated by the Newcomers. Ice cream donated by Emerald Food Service.

**Book Club** - 1st Wednesday, 10 am in Room 402A. See page 11 for details.

**Computer Lab** - Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability.

**Hot Lunch** - This federally funded program is held Monday - Thursday from 11:45 am - 12:30 pm and Friday from 11:30-12:15 pm for ages 60 and older. No reservation needed. Suggested donation: \$3.50. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

**Homebound Lunches** - Homebound lunches and liquid meals available Monday - Friday at noon. Call 248.689.0001.

### **Sports & Fitness**

See pages 4 & 5.

### **Creative Endeavors Gift Shop**

Seniors may place their handmade crafts in this consignment shop, located inside the north entrance of the Troy Community Center. Sellers retain 70% of the selling price. For more information, contact Carla at 248.524.3492.

## Group News

### Fifty Forward Dinner Club

Wednesday, Aug. 3, 6 pm  
Somerset Mall

Meet at the fountain on the main floor on the north side and then decide which restaurant to go to. The leader will be holding an American flag. You do not need to be a Troy resident. For more information, please email [forwarddinner@yahoo.com](mailto:forwarddinner@yahoo.com).

We are looking for a new leader for this group. If you are interested, please call Carla at the Recreation Department at 248.524.3492.

### Daughterhood Circle

Thursday, August 4, 6:30-8 pm  
Troy Community Center Room 504

Join Troy's Daughterhood Circle and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. Please preregister for this FREE activity: **Act. 148906A**.

*daughterhood*

### Please Register for Group Participation

Please register for *each group* you attend. Although there is no charge for room use, some groups may charge dues. Check with the group leader. See page 10 for more information on these groups.

- 145205A Book Club
- 145205B Bridge–Thu. Party
- 145205C Bridge–Tue. Duplicate
- 145205D Cribbage
- 145205E Euchre
- 145205F Harmonica Club
- 145205G Heritage Band
- 145205H Line Dance
- 145205I Mah-Jong Group
- 145205J Needlework Club
- 145205K Pacific Rim
- 145205L Painting Club
- 145205M Pinochle - Beg.
- 145205N Pinochle - Monday
- 145205O Quilting Group
- 145205P Red Hat Society
- 145205Q Sewing Group
- 145205R Society of Single Seniors
- 145205S TOPS
- 145205T Woodcarving
- 145205U Coloring Group

**Please note:**  
**Re-enrollment**  
**will be**  
**required after**  
**Sept. 1 with**  
**a different**  
**activity**  
**number.**

### Mah-Jong Group

Mon, 10 am-12:30 pm (lobby), Wed, 1-3:30 pm (Room 402A), Thu, 5:30-9:30 pm (Room 402A) and Fri., 1:30-4 pm (lobby) - Troy Community Center

Meet other Mah-Jong players and enjoy the game with new friends. Bring a current mah-jong card. Beginners welcome but you must know how to play (Lessons: see page 7). Contact Judy at 248.641.8412 or 248.417.4704 for more information and so she can get your contact information. No fee.

### Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The September book will be *Doc* by Mary Doria Russell. It is the story of Doc Holliday. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

### Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meeting is **Mon., Aug. 15 at 4 pm** at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. Bring your ideas for events and activities. Newcomers welcome! Call 248.689.8070 for information or dinner reservations.

### Troy Library Spice of Life Discussion Group

The Spice of Life Discussion Group meets every Wednesday from 10-11:30 am in the Meeting Room at Troy Library. Programs are on subjects of general interest and vary week to week. A discussion follows each program; no preparation is required except an interest in the world around you. Call 248.524.3538 for more information.

### ACBL Bridge Clubs

Monday club (limited to 500 points) meets at 12 pm and Friday club (unlimited) meets at 11 am at the Troy Community Center. The fee is \$7. Call Shirley at 586.775.7363 for details.

### Red Hat Society - 2nd Tuesday of each month

Call Sylvia at 248.524.1108 for more information. The Red Hats group leader collects annual dues of \$35 per person.

### Caregiver's Support Group

2nd Thursday of each month - 10-11:30 am, Room 403

This group is facilitated by Home Instead Senior Care and there is no charge to attend. All ages welcome. Share your care giving concerns and get information. Call 248.703.5556 for details.

### Grandparents Raising Grandchildren

This group, sponsored by the Area Agency on Aging and the Oakland Livingston Human Service Agency, meets in a different Oakland County location each month to provide information and services. Contact Lisa Grodsky at 248.209.2622 or [Lisag@olhsa.org](mailto:Lisag@olhsa.org) for more information.





# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

## HearUSA Hearing Screenings

HearUSA provides monthly community service screenings on the second Friday of the month at the Troy Community Center from 10 AM – noon in Room 402A. Take advantage of the next free screening on Friday, August 12. Contact HearUSA at 855.828.4143 if you have questions.

## Document Shredding, Thursday, Oct. 13

Clean out your files and mark your calendar. More details will be in the September Fifty Forward for this semi-annual shredding event brought to you by the Friends of Troy Seniors.

## Flu Shot Clinic, Wednesday, Oct. 19

Mark your calendar and watch for more information in the September Fifty Forward for this annual event co-sponsored by the Friends of Troy Seniors.

## Gently Used Art Sale Returning Nov. 4

This event is held in conjunction with the Annual 50+ Craft Show held on the same day. Donations are needed of wall art, framed paintings and shelf art. Decorative home accent pieces such as pottery, sculptures and large vases would also be welcomed. These items may be donated beginning Thursday, Sept. 1, and can be dropped off at the Administrative Desk in the Troy Community Center. Call the Friends of Troy Seniors at 248.526.2608 if you have any questions

## Volunteer Opportunities Available

To inquire about volunteer opportunities available with FOTS, please call 248.526.2608 or stop in at our office to chat with us. We are open M – F, 10 am – 1 pm, unless otherwise posted.

Ice Cream Social & Band Concert - pg. 1

Brunch and Learn - page 20

Picnic - page 1

## Monthly Membership Meetings

Note room change for August to Room 302. The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1 pm at the Troy Community Center unless otherwise announced. Please attend if you can. Your comments and suggestions are important to us. Our next meeting will be held on Aug. 18.

## Senior Resource Center

Check out our resource center brochure rack for information from businesses with products and services for older adults. If you are a business owner and would like to display your brochures, the fee is \$15 per month or \$150 per year. Call 248.526.2608 for an application.

### Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: [fots@wowway.com](mailto:fots@wowway.com)

Website: [www.friendsoftryseniors.org](http://www.friendsoftryseniors.org)

Hours: Mon-Fri 10 am-1 pm

### Mission Statement

*The Friends of Troy Seniors is dedicated to providing individuals 50 years and older with a sense of purpose and community through maintaining and enhancing senior programs, events and education in Troy and the surrounding area.*

## Employment Referral List

If you are an individual who wants to provide home care for senior citizens, pick up an application at the Friends of Troy Seniors (FOTS) Office at the Troy Community Center or call 248.526.2608 to have one mailed to you. Your name will be placed on a referral list and prospective employers will contact you. FOTS is acting as a clearinghouse only, not as an employer.

To hire a senior companion, call 248.526.2608 to obtain a copy of the list. To further assist you in this process, we suggest you refer to the **Hiring Paid Caregivers for In-Home Services** guide prepared by the Michigan Office of Services to the Aging. Guides are available at the Friends Office or at the Community Center front desk.

## E-News Updates

If you get the **Fifty Forward** newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the home page of the City web site at [www.troy.mi.gov](http://www.troy.mi.gov). Click on the subscribe box at the top center of the page. Enter your e-mail address and click on SUBMIT. Confirm your e-mail address and click on SUBMIT. Then, in the Parks and Recreation section, select Troy Fifty Forward News & Updates and any other newsletters listed there that you want to receive.



## Long Term Care Solutions That Don't Break the Bank!

Thursday, August 4, 11 am

### Troy Community Center Room 305

This free, 40 minute workshop will address the serious need for affordable long term care solutions and the serious consequences of not planning ahead. You will learn about the 2-for-1 Plan, how to get long term care insurance without paying yearly premiums, the reasons for having a trust, and how to structure your trust to protect your loved ones. Refreshments will be served. Presentation by City Center Financial, LLC and Michigan law firm, Clark Hill PLC. For more information and to register contact City Center Financial, LLC at 248.275.1930 or visit us at [www.citycenterfinancial.com](http://www.citycenterfinancial.com). This presentation is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

## LifeChoices Free Educational Presentation

Wednesday, August 24, 10am – 12pm

### Troy Community Center Room 302

LifeChoices® is a membership program dedicated to older adults who are looking to maximize their health and guarantee their financial future against unexpected healthcare costs. LifeChoices® members benefit from in-home services designed to relieve the stress of aging in place. This innovative program provides comprehensive in-home care and services to address your health, wellness, home maintenance, and financial concerns. To RSVP please call 866.979.9109 or visit [www.lifechoices.org](http://www.lifechoices.org). This presentation is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

## Colette Tours 2017 Extended Trips Meeting

Tuesday, September 20, 3pm

### Troy Community Center Room 302

Ed McKenna from Colette Tours will be at the Community Center to answer all of your questions about upcoming trips to **Alaska in May 2017, Canadian Rockies in July 2017 and Costa Rica in October 2017**. See the weekly e-news update for details or pick up a brochure at the Community Center for more information on these trips. Discounts offered for early bookings.



## Ask the Financial Advisor & Retirement Planner

3rd Thursday beginning October 20, 11 am - Noon

### Troy Community Center Room 404

Do you have questions about investing, retirement planning or money matters? Do you want a second professional opinion about your retirement program? Schedule a review with financial advisor and retirement planner Jonathan Strong, CRPC, Financial Advisor, UBS Financial Services, Troy, Michigan. Call 248.458.0079 or email [jonathan.strong@ubs.com](mailto:jonathan.strong@ubs.com).

## Summer Sensation Concert Series

Select Thursdays at Boulan Park, 6:30-8:30 pm

Food trucks onsite at 5:30 pm and Recreation Department Game/Craft Mobile onsite 5:30-7:30 pm. Bring lawn chairs or blankets. Co-sponsored by Beaumont Hospital.

- July 28 **The Groove Council**  
with General Dogs & Pita Post
- Aug. 11 **Thornetta Davis**  
with General Dogs
- Aug. 25 **Big Will and 360 Degrees**  
with General Dogs & Pita Post

## Troy Traffic Jam Classic Car Show

Sunday, August 7, 10 am - 3 pm

### Columbia Center, 201 W. Big Beaver

Enjoy classic cars of all eras, great oldies music, great food and more. If you have a car you would like to display, visit [troytraficjam.com](http://troytraficjam.com) to register. The fee is \$15 (\$20 the day of the event) and includes a goody bag and dash plaque. Proceeds benefit the Troy Historic Village.



## Zentangle Classes

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity and provides artistic satisfaction and an increased sense of personal well being. Zentangle is enjoyed all over the world across a wide range of skills and ages. Materials to use in class are included in the fee. Open to adults of all ages.

**Sign up for all three classes and receive a \$10 discount.**

**Zentangle 101** - This introductory class includes learning how to create a Zentangle tile, a 3.5-inch square, while relaxing and having fun. Even if you have dabbled in Zentangle before, formal instruction will enhance your experience. Relax and enjoy this accessible art form, perfect for anyone who can hold a pencil.

**Zentangle 201** - Black Tiles - Just when you think you have tried it all, we reverse it - putting white ink on a black tile. The technique used with these slightly different materials isn't as simple as one thinks, but is just as fun and interesting as the white tiles. Pre-requisite: a Zentangle 101 class with a Certified Zentangle Teacher.

**Zentangle 301** - Renaissance Tiles - Inspired by art from the Renaissance era, using black, brown and white on these tan tiles channels your inner Michelangelo or di Vinci. But don't be alarmed, just as every Zentangle class, everyone can make these stunning pieces of art. Pre-requisite: a Zentangle 101 class with a Certified Zentangle Teacher.

Trained by the founders of Zentangle®, Samm Wunderlich is a Certified Zentangle Teacher (CZT®). She has taught more than a thousand students of all ability levels. The Zentangle method never ceases to amaze her as students fall into relaxation, simply with a pen and paper. By day, Samm is a Certified Recreation Therapy Specialist, and Certified Brain Injury Specialist, who incorporates Zentangle into daily work with her clients.

Act. #	Class	Date	Time	Fee NR
8001A	101	Tue, Sep 13	1-3 pm	\$35 \$45
8002A	201	Tue, Sep 20	1-3 pm	\$35 \$45
8003A	301	Tue, Sep 27	1-3 pm	\$35 \$45

### **Assistive Listening Devices**

Available for meetings at the Community Center. See a senior staff person.

**Captioned Telephone** - Available at the Community Center for hearing impaired persons to try out.

**Computer Lab** - **FREE**- Drop-in computer lab with Internet access is available Mon., Wed. and Fri. from 9:30 am - noon based on volunteer monitor availability.

**Craft Supplies** may be donated to the Community Center for program use or for seniors to take home. The craft closet is located in the Arts and Crafts room and is open M-F from 8-4:30.

**Document Shredding** Brought to you by the Friends of Troy Seniors, on-site shredding is offered at the Troy Community Center twice a year (spring and fall). Dates are announced in this newsletter.

**Focus Hope Food** is distributed on the 4th Thursday (Nov/Dec date may vary) from 12:30-2 pm. You must be 60 or older with a household income of \$1,287 per month or less (\$1,736 or less for a two person household – both can receive food). Apply at the Community Center front desk by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

**Home Chore Program** Assistance for low income Troy homeowners 62 and older with grass cutting, leaf raking, spring yard clean-up, gutter cleaning and snow removal. Call 248.524.1147.

### **Hospital Equipment Loan Closet**

Borrow **wheelchairs, walkers, canes, crutches, ramps, toilet chairs and shower chairs** at the Community Center. For wheelchairs, ramps and shower chairs only: call to confirm availability. **Donations accepted.** Please call 248.524.3484 to see if we are currently accepting items.

### **Magazine and Puzzle Library**

Magazine subscriptions are donated by local businesses to read at the Community Center. Puzzles are donated by seniors that you may take home.

**Tax Assistance** - Provided free by trained AARP volunteers on Fridays from Feb. 1 - April 15. Details in the January and February newsletters.

**Video Magnifier** available free in the senior reading room - magnifies print up to 45 times. Directions are posted.

### **Community Center Passes**

The senior (60+) resident rate is \$20 per month (no discount for non-resident seniors). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A resident matinee pass is \$17.75 per month that allows you to use the club Monday - Friday from 8 am - 3 pm. Discounts are available for low-income residents.

A Fitness Passport is also available that includes the above plus some select fitness classes for an additional fee.

For those without a pass, the daily rate is \$7 (NR \$10). Seniors (50+) receive a special rate on Mondays and Fridays: \$4 for use of the pool, fitness room and gym from 5:30 am - 3 pm.

### **SHARP Home Repair Program**

SHARP (Senior Home Assistance Repair Program) helps Troy seniors 60 and older and persons with disabilities with home repairs. The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free. Tipping is not allowed. You must pay for supplies, although assistance may be available if a need exists. If you have a repair that you need assistance with, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow-up on your job. Requests for outside work accepted April 1 - October 15 only.

**Donations Accepted**- by the North Woodward Community Foundation SHARP Fund. Call the Foundation at 248.740.7600 for more information.

**SHARP Home Computer Assistance** - See page 9



### **Transportation**

**Medi-Go Plus** (248.457.1100) transports door-to-door to doctors (boundaries are 12 Mile, Mound, Auburn and Southfield Roads and Providence Hospital), grocery stores, Community Center and Oakland Mall by advance reservation. The fare is \$2 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



**SMART Connector** (866.962.5515) provides curb-to-curb advanced reservation service throughout Troy and to surrounding communities within an 8-10 mile radius (excluding Rochester/Rochester Hills). Call two days in advance but no later than 4 pm the day before you want a ride.

## **Creative Endeavors**

### **Handmade Gifts and More**

at the Troy Community Center  
inside the north entrance

**Open Monday - Saturday**

**10 am - 2 pm &**

**Thursday 5-9 pm**

**248.526.5145**

**Vendors:** Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers retain 70% of the selling price. For more information, call Carla Vaughan at 248.524.3492.





## Construction of Troy's Dog Park Underway

Anticipated completed of phase 1 is summer 2017.

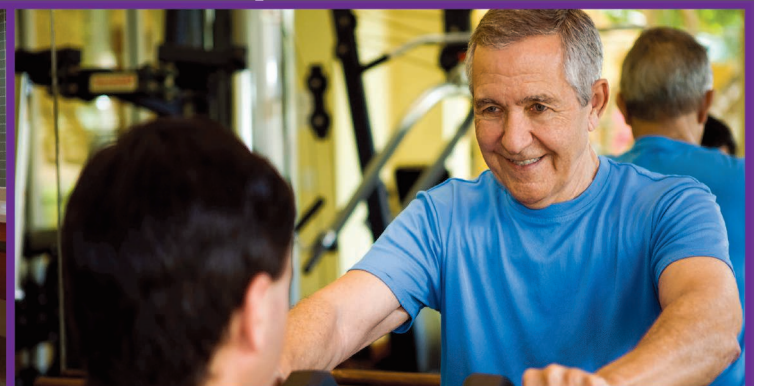
You can see the site design on the Dog Park website at <http://www.troydogpark.org>.

## Outdoor Pickleball Courts Coming to Redwood Park

Construction is expected to be completed on four outdoor pickleball courts at Redwood Park in Troy around August 1.

## Aquatic RA/Arthritis Exercise with a Personal Trainer

Use water to improve fitness and range of motion and to relieve pain and stiffness. When immersed chest deep, your body bears just 25-35% of its weight. You do not need to know how to swim for these private sessions which are held at the therapy pool at the Troy Community Center. The pool is 4 ft. deep, and the exercises are done in a vertical position (with the bonus of keeping your hair dry!). The water is 88-92 degrees and there is a lift and/or a ramp that can be used to enter the pool. A water wheelchair is also available. You must purchase a minimum of one 60 minute session at a cost of \$60 which can be broken down into two or three shorter sessions. To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4.



*Get Back Home...To What Really Matters!™*

★★★★★  
**BOULEVARD**  
HEALTH CENTER  
3500 W. South Blvd.  
Rochester Hills, MI 48309  
To Enjoy a Tour, Please Call:  
(248) 852-7800  
[www.BoulevardSubAcute.com](http://www.BoulevardSubAcute.com)



★★★★★  
**Cherrywood™**  
Nursing & Living Center  
34643 Ketsin Drive  
Sterling Heights, MI 48310  
To Enjoy a Tour, Please Call:  
(586) 978-2280  
[www.CherrywoodNursing.com](http://www.CherrywoodNursing.com)

**Outstanding Quality Rated Facilities by CMS!!**

*Over 50 Years of Combined Experience in Rehabilitation Services Returning Patients Home After a Hospital Stay*



## ATTENTION ALL CPAP USERS

When was the last time you replaced your CPAP supplies?

Contact us today!

**877-753-3764**

1280 E. Big Beaver Suite B, Troy, MI 48063  
www.sleepsolutionsinc.com



### Typical Replacement Schedule

Nasal Pillow/ Cushion	every month
Disposable Filter	every month
Mask	every 3 months
Tubing	every 3 months
Headgear	every 6 months
Chin Strap	every 6 months
Foam Filter	every 6 months
Water Chamber	every 6 months

••most insurances accepted

MADE IN MICHIGAN COMPANY

**Assured Home Nursing Services, Inc.**

## ASSURED

HOME NURSING SERVICES, INC.

*"Caring For The Community"*

- IN-HOME PRIVATE DUTY CARE
- SERVING OAKLAND, MACOMB AND WAYNE COUNTIES.

725 S. Adams, Ste. 258  
Birmingham, MI 48009

**248-593-8134**

www.assuredhomenursing.com

assuredhomenurse@aol.com

*Dignity, Compassion and Caring*

# A.J. DESMOND & SONS

FUNERAL DIRECTORS

www.AJDesmond.com

2600 Crooks Road (Between Maple & Big Beaver) • 248-362-2500

Vasu, Rodgers & Connell Chapel

32515 Woodward (4 Blocks S. of 14 mile) • 248-549-0500

Price Chapel

3725 Rochester Rd. (Between Wattles & Big Beaver) • 248-689-0700



(888) 247-5701  
WWW.HOM.ORG

## THIS SPACE IS AVAILABLE

**CLAVENNA VISION INSTITUTE**

The Most Trusted Care In Sight

CARL F. CLAVENNA, M.D. • GREGORY B. FITZGERALD, M.D.

CATARACT SURGERY WITH PREMIUM LENS IMPLANTS FAMILY FRIENDLY OPHTHALMOLOGISTS

600 S. Adams, Birmingham

248-646-3733

www.cvi2020.com



The Village of

## Oakland Woods

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

### Embrace the Possibilities

The Village of Oakland Woods affords you the freedom to pursue an independent living lifestyle while being nestled in a wooded, park-like setting minutes from the conveniences of city life. The entire 80-acre campus includes both garden style apartments (62+), as well as the beautiful two bedroom Heatherwood Cottage homes (55+).

#### Amenities Include:

- Personal 24-hour
- Emergency call system
- Library/computer room
- Private entrances
- Barrier-free apartments available
- Pet friendly
- Transportation
- On-site security
- Fitness center

Call 248.334.4379 Today

420 South Opdyke Rd. between South Blvd. & Auburn Rds.



## MIKE'S HAULING

### Debris Removal

*If You Don't Want It... I will Haul It!*  
Complete Clean-Up Service

Foreclosure Specialist, Garages, Basements, Barns, Building Demolition,  
Indoor-Outdoor Estate, Sales, Car Removal, Fire and Flood Damage, Tractor Work Available

586-531-3103

Save your Backs, Weekends and Friends

Over 30 years experience • www.mikeshaulinganddebrisremoval.net



## MAPLE Health Care

*"We are your health advocates!"*

Medicare Certified • CHAP Accredited

2838 E. Long Lake Rd, Ste 130 • Troy, MI 48065

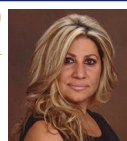
(248) 275-5494 • Fax: (248) 404-6831

www.maplehealthcareinc.com • E-mail: maplehealthcareinc@gmail.com

Services: Skilled Nursing, Physical Therapy, Occupational Therapy  
Speech Therapy, Medical Social Services, Certified Home Health Aide



**SANA BRIKHO**  
BROKER/OWNER



St. Jude REALTY

Sell your home with us

CELL: 248-755-3494 • EFAX: 248-250-5595

631 E. BIG BEAVER RD SUITE 101 • TROY, MI 48083

EMAIL: stjuderealty@gmail.com • www.stjuderealty.com

## ESTATE PLANNING & PROBATE

## ESTATE & TRUST ADMINISTRATION

Planning for your future and today.

Wills, Trusts, Probate, Powers of Attorney,  
Medical Directives, Guardianships, Conservatorships

## FEDOR CAMARGO

## WESTON PLC

ATTORNEYS AND COUNSELORS

Matthew Fedor | Nicolas Camargo | Trevor Weston

Phone: 248.822.7160

Email: info@fedorlaw.com

www.fedorlaw.com

## Adult Day Health Services... Helping The Caregiver and Their Loved One

Adult Day Health Services (ADHS) is a program of  
Catholic Charities of Southeast Michigan (CCSEM)  
with locations in Macomb and Oakland County.

ADHS is a program for adults who:

- Have dementia
- Have cognitive disabilities
- Require constant supervision



ADHS is funded through Title III of the Older Americans Act from AAA 1B  
through Michigan Aging and Adult Services Agency

www.ccsem.org

For more information about ADHS, contact:

**Mindy Rubio at (248) 537-3300**  
ext. 3803 or rubiom@ccsem.org

## Breaking Barriers

### REHAB CENTER

16 Mile & Rochester

Auto Injury? Traumatic Brain Injury? Physical Injury?

**WE CAN HELP!!!**

Breaking Barriers Rehab Center

1059 Owendale Street

Troy, MI 48083

248 526-0110

*Treatment to enhance the lives of those affected by brain injury*

## TWO LOCATIONS:

Thomas Park, M.D. & Associates  
(General Psychiatry & Behavioral Health)

23077 Greenfield, #430 • Southfield, MI 48075

248 526-0110





# TOTALLY CAPTIVATING. INNOVATIVE. ENGAGING. ENLIVENING.

With three exceptional locations, All Seasons is designed to delight every one of the senses... every day! Select a distinctively stylish and luxuriously appointed 1 or 2 bedroom residence and become totally captivated by gracious service, daily calendars offering diverse social, educational and cultural programs and beautiful venues overlooking nature's pageantry.

**3**  
BEAUTIFUL  
LOCATIONS



**ALL SEASONS OF BIRMINGHAM - 248.430.7826**

**OPENING SUMMER 2015**

111 Elm Street | Birmingham, MI | [www.AllSeasonsBirmingham.com](http://www.AllSeasonsBirmingham.com)

**ALL SEASONS OF ROCHESTER HILLS - 248.299.0700**

175 E. Nawakwa Road | Rochester Hills | [www.AllSeasonsRochesterHills.com](http://www.AllSeasonsRochesterHills.com)

**ALL SEASONS OF WEST BLOOMFIELD - 248.430.7826**

5600 Drake Road | West Bloomfield | [www.AllSeasonsWestBloomfield.com](http://www.AllSeasonsWestBloomfield.com)



all seasons

For the joys of independent senior living

*Freedom!*  
**To continue your lifestyle and design your own day**

Samaritas Senior Living of Bloomfield Hills is your pathway to enjoying extraordinary living! Move to Samaritas and discover a community purposely designed to help you retain your independence and a vibrant lifestyle.  
Life begins at Samaritas Senior Living of Bloomfield Hills.

**Call (248) 723-6275 today to schedule your personal visit!**

formerly Maple Village  
**Samaritas**  
Senior Living of Bloomfield Hills

6257 Telegraph Road  
Bloomfield Hills, MI 48301 (248) 723-6275 [www.samaritas.org](http://www.samaritas.org)

**BETHANY VILLA APARTMENTS**  
Low Income Senior Housing Located in Troy, MI.

Serving those qualified seniors 62 years of age and older and disabled.  
Sprawling park-like setting  
Enhanced residential services  
Fully occupied. For information call 248-689-5838

[www.bethanyvillatroy.com](http://www.bethanyvillatroy.com)

**Schedule a FREE Hearing Screening!**

**FREE Pack of Hearing Aid Batteries**  
Bring this coupon with you to your HearUSA center.

**HearUSA**  
America's Most Trusted Name in Hearing Care.

**3660 Rochester Road  
Troy, MI 48083  
(248) 619-0680**

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



**90%** of people over  
the age of 65 want to stay in  
their home as long as possible.

~AARP Aging In Place Study



### We Can Make That Happen For You!

LifeChoice® is a membership program for older adults who wish to maximize their health and guarantee their financial future against unexpected healthcare costs.

Call 734-295-9292 or visit  
[www.lifechoicesathome.org](http://www.lifechoicesathome.org)

**Life**  
**Choices®**



A name you can trust for **rehabilitation** and **health care**.

Heartland Health Care Center - Oakland  
925 West South Boulevard  
Troy, MI 48085  
**248.729.4400**  
[heartlandnursing.com/Oakland](http://heartlandnursing.com/Oakland)

**Heartland**   
Oakland

**Suggestion Box**

Program Suggestions: \_\_\_\_\_

Comments: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Please mail or drop off at the Troy Community Center, c/o Carla Vaughan or e-mail your suggestion to [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov). Include name and phone for reply.**Weather Cancellations**

Call 248.689.9756 for weather cancellation information. Call after 10:30 am for the status of afternoon programs and after 4:30 pm for the status of evening programs.

**Registration Information:** Programs are for age 50 and older unless noted. Register at the Community Center, by mail using the form below, or online at [www.troymi.gov](http://www.troymi.gov). Click on **Play Here** and then on **Online Registration** on the left. In member login box, enter household number for username (find this number on a previous receipt or call 248.524.3484) and last name of head of household (all caps) for password. If you know the activity number, click on Shop/Activity Enrollment at top of page and enter activity number. To shop all 50+ programs, click on the 50+ Programs box at the bottom. You can register only your own household online. Registrations are non-transferable.

**Refund Policy:** There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process if paid by cash or check. Credit card refunds take 2-3 business days. Refunds for computer classes and for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trips are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

**Register Early!** Please register early or we may cancel for lack of interest often up to three days prior to the start date of the activity.

**Americans With Disabilities Act:** Please tell us in advance if you need an accommodation and reasonable program modifications will be made.

**Low Income Scholarships:** Troy residents 50+ with an annual household income of \$24,850 or less (\$28,400 for two people) can receive a 25% discount on 50+ classes or gardens OR a 15% discount on Community Center membership - limit one active discount per session. No discount for drop-in programs, trips, sport leagues, and special events. Apply at the Community Center and bring last year's federal or state 1040 or MI Homestead form as proof of income.

**Newsletter Subscriptions**

There are three ways to receive the 50+ newsletter which is published 12 times per year:

1. Receive it free via e-mail. Visit the City web site – [www.troymi.gov/](http://www.troymi.gov/) and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$7 per year beginning July 1 and prorated quarterly. Pay \$7 on or before 9/1, \$5.25 between 9/1 and 12/31, \$3.50 between 1/1 and 3/31, and \$1.75 after 4/1. Non-residents \$9 per year, prorated as above. **Act. #135000B.**

**Mail-In Registration Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Activity #: \_\_\_\_\_ Fee: \_\_\_\_\_ Activity #: \_\_\_\_\_ Fee: \_\_\_\_\_

Check here if you need an accommodation and the ADA coordinator will contact you: \_\_\_\_\_

I hereby voluntarily release and hold harmless the City of Troy and the Troy School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself while participating, watching and traveling to or from this activity.

Signature Required: \_\_\_\_\_ Date: \_\_\_\_\_

Enclose registration fee and mail to: Troy Recreation Department, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy. VISA or MASTERCARD # \_\_\_\_\_ Exp. Date: \_\_\_\_\_



## Troy Recreation Department

3179 Livernois Troy, MI 48083

Phone: 248.524.3484

Fax: 248.689.6497

### 50+ Program Staff

**Carla Vaughan**

[vaughancs@troymi.gov](mailto:vaughancs@troymi.gov)

**Elaine Torvinen**

[E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov)

### Recreation Dept. Hours

Mon-Fri, 8 am- 8 pm

Sat, 8:30 am-12:30 pm

### Medi-Go Plus Transportation

248.457.1100

### SMART Transportation

866.962.5515

### Senior Meals on Wheels

248.689.0001

### Weather Cancellation Hotline

248.689.9756

### Friends of Troy Seniors

248.526.2608

### SHARP Home Repair

248.528.2929

### Creative Endeavors

248.526.5145

**City Hall:** 248.524.3300

**City Web Site:** [www.troymi.gov](http://www.troymi.gov)

This newsletter is available online  
at: [troymi.gov/SeniorNewsletter](http://troymi.gov/SeniorNewsletter)

### Mission Statement

*The City of Troy is committed to working with and for senior citizens to provide information, programs and services that promote independence and healthy, active aging.*

## Friends of Troy Seniors Brunch & Learn Series

### Super Foods for Seniors

**Wednesday, Aug. 17, 9:30 - 11 am, Troy Community Center Room 303**

Do you know what foods are missing from your diet? Have you ever wondered what foods should be eliminated from your diet? Join Dietician, Lisa Zielinski, from the Boulevard Health Center and the Friends of Troy Seniors to get the answers to these and other questions. Lisa will walk you through the ways you can improve your overall health by making simple changes to your diet. You will see a live demonstration, get tips and simple recipes and leave feeling empowered to live a healthier lifestyle.

This series brings you informative topics and is held on the third Wednesday of each month at 9:30 AM in the Troy Community Center located just north of Big Beaver Rd. at 3179 Livernois. Coffee and light refreshments are provided at these free events upon arrival at 9:30 AM. Advance registration is required. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 AM – 1PM, Mon – Fri to reserve a seat. Reservations accepted through Fri, Aug. 12 if space is available.

## Evangelical Homes of Michigan Provide Bingo Refreshments

On August 5 and 26 and September 9 and 30, Evangelical Homes of Michigan will provide free refreshments at the Friday bingo game at the Troy Community Center.



## FREE Hands-On Help with Your Computer, Tablet, and Smart Phone Saturdays, 9 am - 10 am Troy Community Center Computer Lab

Get help using Facebook, Skype, Email, Instagram and other new fangled programs. Volunteer Rajesh Bansal has 20 plus years of experience in computer science. He will take 30 minute appointments in the Computer Lab. Two times slots may be reserved on the same day. For email help, bring your email address and password with you. Call 248.524.3484 by Wednesday prior to schedule an appointment. If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive. Contact Elaine Torvinen at [E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov) or 248.524.3483 for more information

## Coloring Group

**Wednesdays, 9-10:30 am; Troy Community Center Room 402 (Dining Room)**

**Adult coloring is all the rage!!!** An adult coloring group meets on Wednesdays at 9 am for those interested in this relaxing activity. Register for **Act. #145205U** if you plan to attend. We will provide coloring sheets that can be reproduced and markers and pencils for coloring. This is a self-directed activity and there is no charge.

- For subscription information, see page 19.
- Newsletter information must be submitted by the 1st of the month prior to publication.